



WAYNE COUNTY: *Let's Move!*

2016 Team Fitness Challenge

March 7- April 7

Our goals:

- Inspire and promote active lifestyles
- Meet wellness goals
- ENCOURAGE each other!
- Hold each other ACCOUNTABLE!
- Have FUN!

Fitness Challenge Options

Fitness Challenge: Option 1

5-Week Program

March 7- April 7

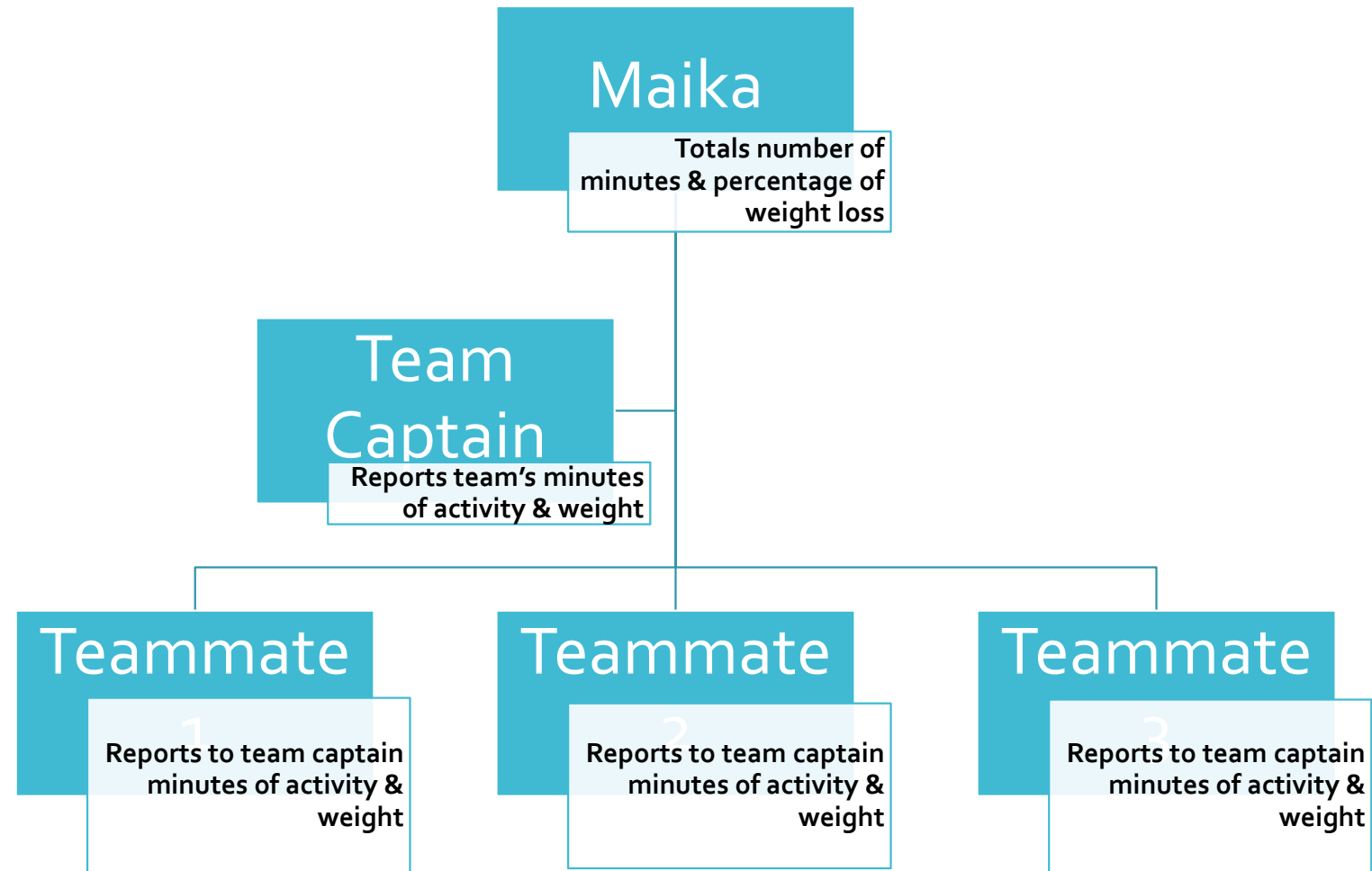
Option 1: Community Fitness Challenge

- ★ Track & report activity: Winner based off of the total amount of minutes of activity
- ★ Track & report weight loss each week: Winner based off of the total % of weight loss

- Fitness Tips
- Recipe Ideas
- Weekly prizes to the team & individual with the most minutes of activity and highest % of weight loss
- One (1) *team* winner
- One (1) *individual* winner
- **Free** t-shirt!



Team Responsibilities





Team Information

Team Name: _____

Team Captain: _____

Team Captain contact:

Phone: _____ Email: _____

Participants: (if additional names, please list on the back)

Team weight loss goal: _____ lbs

Team activity time goal: _____ minutes/hours



Team Name: _____

Team Activity Tracking Sheet
March 7- March 13

**All activity due to team
captain every Monday**

Name	3/7	3/8	3/9	3/10	3/11	3/12	3/13

Total Minutes of Activity:



Team Name: _____

Personal Weight Tracking Sheet

Participant Name: _____

Starting Weight	
March 14	
March 21	
March 28	
April 4	
April 7	



Team Name: _____

Team Weight Tracking Sheet

3/14

✚	Name	3/14

Weight due to team
captain every
Monday

$$(\text{lbs lost} / \text{starting weight}) \times 100 = \% \text{ weight loss}$$

Fitness Challenge: Option 2

Advocare 24- Day Challenge



24-Day Challenge® Product Bundle



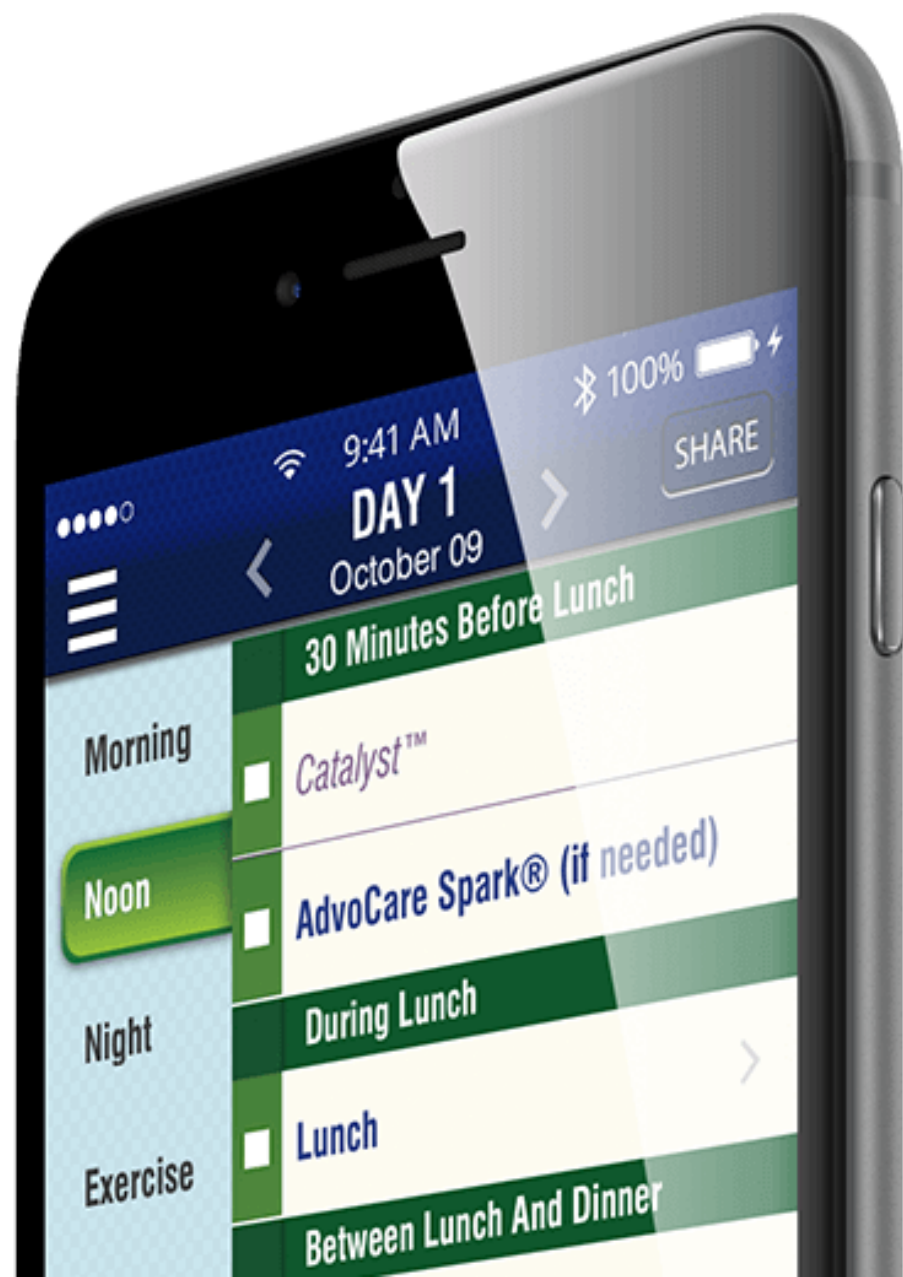
The 24-Day Challenge is a comprehensive supplementation and nutrition program designed to give your body the jumpstart it needs to help you reach your goals.* There's something for everyone – whether you are looking for weight management, energy, overall body composition or overall wellness.*



<https://www.youtube.com/watch?v=8557mxyuKXc>



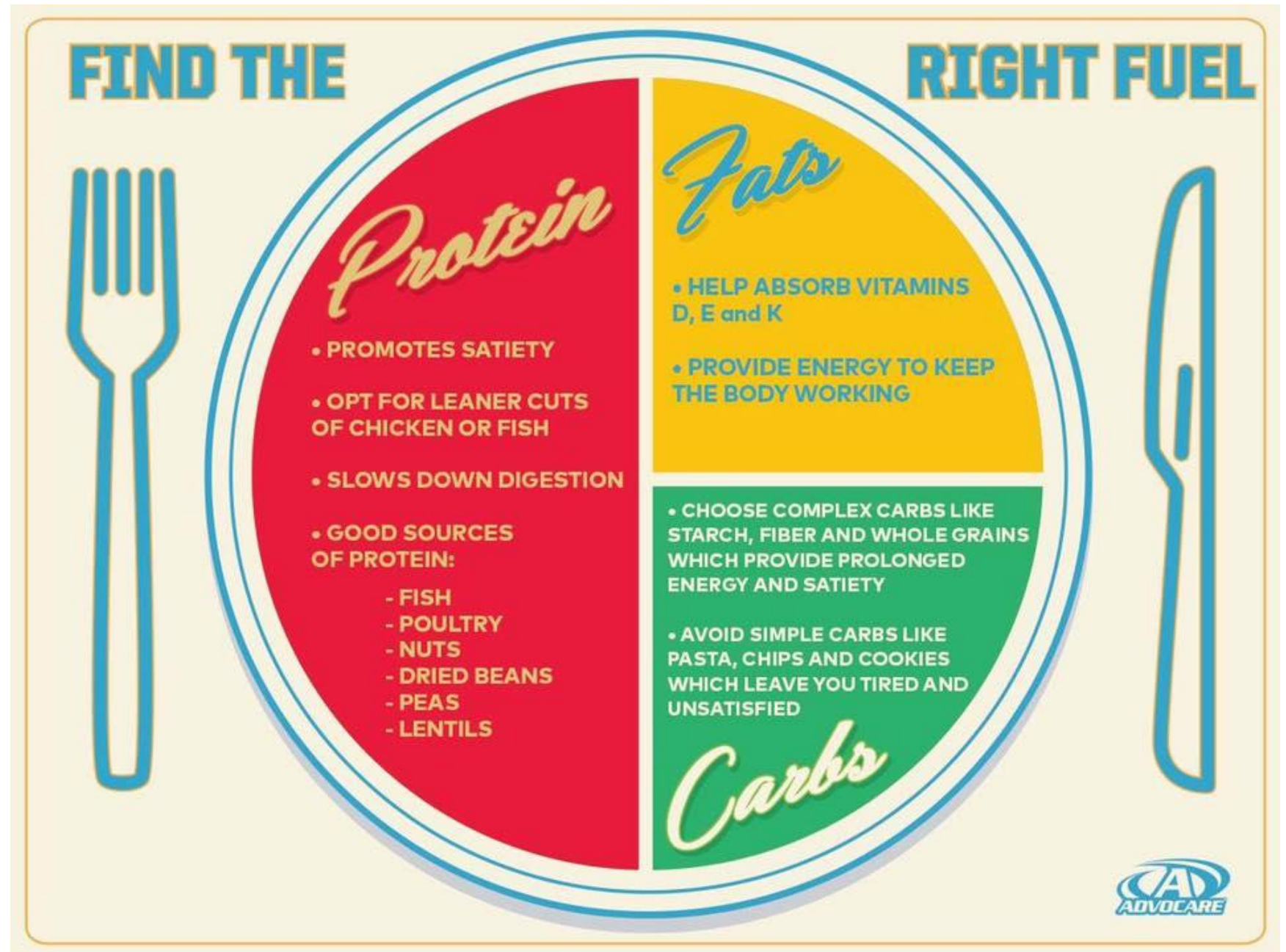
24-Day Challenge App
Download the official app for the
AdvoCare 24-Day Challenge



Brief overview of the foods to eat to fuel your body during the 24- day challenge

What to eat when you're eating out?

Alec's Subs
Sybil's Family Restaurant
Alec's Bar & Grill
Callie's Wraps
Wendy's
Laredo Mexican Restaurant
Wayne Memorial Hospital Café
Café Euro
Wendy's





24-Day Challenge™ Grocery Guide

Shopping tips:

- Shop the perimeter of the store.** The perimeter of the store is where you'll find the best food for your challenge – fresh vegetables, fruits, and lean meats. Along the aisles in the center of the store is where you'll find the more processed and packaged foods. Stock up your cart with fresh, healthy options to help you stay on track.
- Plan before you go.** Make sure to have your grocery guide with you and think about shopping for enough food to last a few days. Think of creative ways of combining different ingredients and using leftovers so you'll be prepared at all times.
- Vegetables and fruits: Choose fresh over canned.** Many canned vegetables and fruits are loaded with salt or sugar – choose fresh whenever possible or frozen (but be sure to check for any additives like butter or sauces).
- These are simply suggestions, not the only foods you're "allowed".** Get creative and explore new fresh, healthy, and colorful foods!

PROTEINS

- ☐ Chicken Breast
- ☐ Eggs
- ☐ Game Meat (Bison, buffalo, etc.)
- ☐ Lean Ground Beef or Turkey ($\geq 93\%$ lean)
- ☐ Lean Fish (tilapia, salmon, red snapper, cod, etc.)
- ☐ Tofu
- ☐ Tuna (fresh or packed in water)
- ☐ Turkey Breast

HEALTHY FATS

- ☐ Avocado
- ☐ Nut butter (no added sugar, oil or salt)
- ☐ Nuts or seeds (no added sugar, oil or salt)
- ☐ Oil (extra virgin olive oil, coconut oil, etc.)

MISCELLANEOUS SNACKS

- ☐ Hummus
- ☐ Edamame

VEGETABLES

- ☐ Asparagus
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Dark Leafy Greens (Spinach, kale, etc.)
- ☐ Eggplant
- ☐ Green Beans
- ☐ Onion
- ☐ Peppers
- ☐ Salad Greens (Spring mix, romaine, etc.)
- ☐ Tomato
- ☐ Zucchini/Squash

DAIRY/NONDAIRY ALTERNATIVES

- ☐ Plain yogurt (nonfat or low fat)
- ☐ Low-Fat cheese
- ☐ Milk (skim or reduced fat)

COMPLEX CARBS

- ☐ Beans
- ☐ Lentils
- ☐ Oatmeal
- ☐ Quinoa
- ☐ Potatoes (any variety)
- ☐ Whole grains (rice, pasta or bread)

FRUIT

- ☐ Apple
- ☐ Banana
- ☐ Berries (strawberries, blueberries, etc.)
- ☐ Cantaloupe
- ☐ Citrus Fruits (oranges, grapefruits, etc.)
- ☐ Grapes
- ☐ Kiwi
- ☐ Mango
- ☐ Melon
- ☐ Pear
- ☐ Pineapple

FOODS TO AVOID

Soda (including diet)
Alcohol
Creamy sauces
High-calorie salad dressings
Added sugars

Candy
Fried foods
Processed foods
White flour
Partially-hydrogenated oils

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AdvoCare 24- Day Challenge participants WILL

- Still be a part of your team- activity and weight will be tracked on your own and counted towards your team's numbers
- However, full body composition will be measured at Jesup Advo & Kickboxing before and after the challenge -% weight loss *will* be counted towards your team's final number
- Start the challenge when you receive your products
- Follow the recommendations given by AdvoCare (booklet included in order)
- Should you choose too, take before and after pictures
- Be eligible to win individual prizes based off of full body composition numbers:
 - 1st Place: One Year membership @ Jesup Advo & Kickboxing
 - 2nd Place: \$200 Free AdvoCare Product
 - 3rd place: Spark Canister (Flavor Of Choice)
- Free 9 AM Saturday "modified" class
- Free Two (2) week membership at Jesup Advo & Kickboxing to all fitness challenge participants



The power is in the
PRODUCTS.

Calendar of Activities

March 2016

	29 Kickoff meeting	1	2	3	4	5
6	7 Fitness Challenge Kickoff! Cardio Strength & Toning- Albert Kelly, 6:30pm, Velocity Health & Fitness	8	9	10	11	12
13	14 Let's Talk Food with Jose Juarbe, 6pm, City Hall Activity/Weight due to Team Captain.	15 Team Capt. to report numbers to Maika	16	17	18 Radio Announcement	19
20	21 Class @ Velocity Health & Fitness- Demonstration of all classes offered, 6:30pm Activity/Weight due to Team Captain.	22 Team Capt. to report numbers to Maika	23	24	25 Radio Announcement	26
27	28 Nutrition & Healthy Habits with Melanie Harris -6pm, City Hall Activity/Weight due to Team Captain.	29 Team Capt. to report numbers to Maika	30	31		

April 2016

					1 Radio Announcement	2
3	4 WCFM, Debbie Pye & *Fitness Motivation – Colby & Hope Wright*, 6pm, Train Depot Activity/Weight due to Team Captain.	5 Team Capt. to report numbers to Maika	6 Radio Announcement	7 Last day of the fitness challenge!	8 Final Activity/Weight due to Team Captain.	9
10	11 Final Team report numbers to Maika	12	13	14	15	16
17	18	19	20	21 Winners Announced!	22	23
24	25	26	27	28	29	30

Fitness Specials

Offers Valid March 7- April 7

All class schedules
included in participant
packet!

Anytime Fitness

One-Month Free membership

Velocity Health & Fitness

One-Month Free membership
with one- on –one guidance on
all of the equipment with a
certified personal trainer

Jesup Advo & Kickboxing

24-Day Challenge Participants Only

Free 9am Saturday Class

Two Free Weeks of membership

Wayne Family Fitness

One-Month Free membership,
child care included

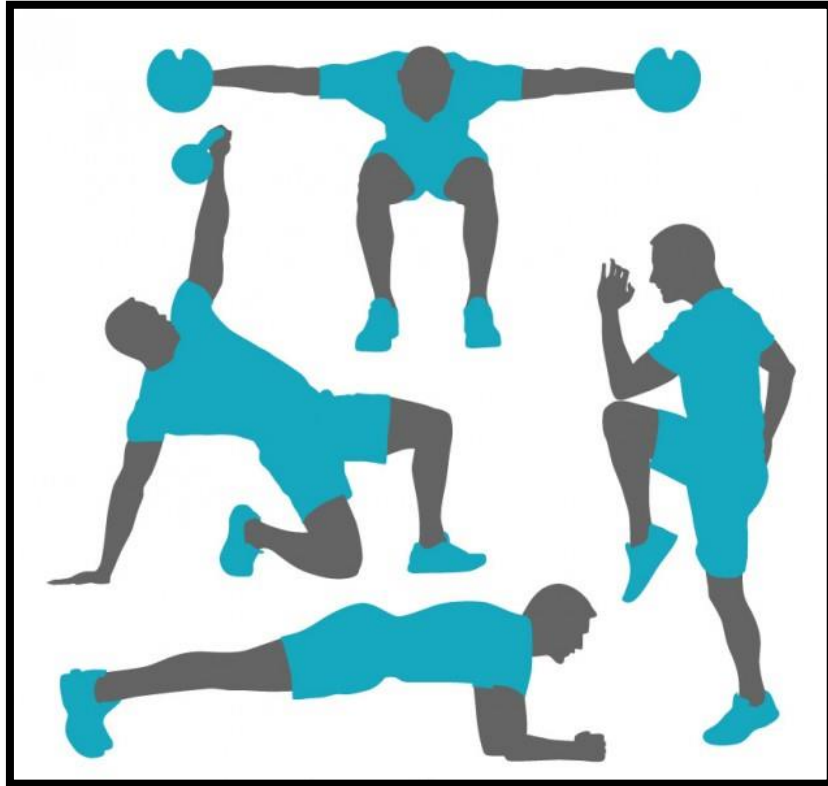
Crossfit Jesup

Free 8am Saturday “Crossfit
Circuit” mini Crossfit intro class

\$35 one-month membership
(half price!)

**Wayne County Recreation
Department**

\$2- \$3 per class



WAYNE COUNTY:
Let's Move!

FITNESS PASS GOOD
MARCH 7-
APRIL 7, 2016
FITNESS CHALLENGE
PARTICIPANTS ONLY

Team Fitness Challenge Starts MONDAY, MARCH 7 !!

Questions?